



THE COUNTY OF KAUAI

DEREK S. K. KAWAKAMI, MAYOR

MICHAEL A. DAHILIG, MANAGING DIRECTOR

News Release

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Online registration for 11th annual Mayor-a-thon begins June 1

KAPA'A – The public is invited to participate in the 11th annual Mayor-a-thon scheduled for Saturday, June 22, at the Kapa'a Beach Park.

Online pre-registration opens on June 1 at www.getfitkauai.com and runs through June 21 at noon. The first 500 to pre-register will receive a free T-shirt and water bottle. All participants will receive a free cinch bag from Kaiser Permanente.

Participants can walk, run, or bike one to eight miles on Ke Ala Hele Makālae, the multi-use path. Dogs on leashes are welcome.

Check-in begins at 6:30 a.m., warm-up is at 7 a.m., and the event starts at 7:15 a.m.

"Hundreds of residents and visitors join us for this fun event every year," said Bev Brody, director of Get Fit Kaua'i. "It's free, you get to exercise, enjoy a healthy breakfast, and a chance to win great prizes!"

"Healthy living with your friends, family, and extended 'ohana is a way of life here in Hawai'i," said Mayor Derek S. K. Kawakami. "I extend this invitation to everyone on Kaua'i and our visitors to participate in the 11th annual Mayor-a-thon, where we shall celebrate healthy living together as one people. "

The grand prize for the event is a \$100 resort credit and a two-night stay at the Kaua'i Marriott Resort and Beach Club.

You must pre-register and be present to win prizes.



A healthy food drive is also part of the event with proceeds going to the Kaua'i Independent Food Bank and The Hawai'i Food Bank – Kaua'i Branch. Bring a healthy food item and receive a pair of sunglasses (while supplies last).

Suggested items to donate include: canned fruits and vegetables; brown or hapa rice; whole grains; dried beans and lentils; canned low sodium meat; or shelf stable milk with calcium. For more ideas, you can download the healthy food drive flyer at www.getfitkauai.com.

As the Mayor-a-thon is a zero waste event, participants should bring their own water bottles.

Free bus service will be provided for participants.

Pick-up locations and times are as follows:

Westside pick-up locations:

- Kekaha Neighborhood Center – 5:30 a.m.
- Waimea Athletic Field – 5:35 a.m.
- Hanapēpē Multi-Purpose Building – 5:45 a.m.
- Kalāheo Post Office – 5:55 a.m.
- Kukui Grove Center – 6:10 a.m.
- Return trip from the Kapa'a Public Library – 10:15 a.m.

North Shore pick-up locations:

- Hanalei Courthouse Bus Stop – 5:30 a.m.
- Princeville Shopping Center – 5:35 a.m.
- Anaina Hou – 5:45 a.m.
- Anahola Post Office – 5:55 a.m.

The return trip from the Kapa'a Library Bus stop will be at 10:15 a.m.

The Mayor-a-thon is sponsored by Get Fit Kaua'i, Kaiser Permanente, HMSA, Hawai'i Public Health Institute, Hawai'i State Department of Health, and the County of Kaua'i.

If you need an ASL interpreter, materials in an alternate format, or other auxiliary aid support, or an interpreter for a language other than English, please contact Bev Brody at 212-4765 or bbrody1@hawaii.rr.com at least 10 days before the event.

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